



# 2023-2024 MINNESOTA STATE HIGH SCHOOL LEAGUE

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## Boys and Girls Swimming and Diving Rules, Policies, and Bylaws

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### General Information

See the [MSHSL Handbook Page for](http://www.mshsl.org/governance) (www.mshsl.org/governance) information regarding the following:

- Multiple-Level Teams at Sub-Varsity Level
- Official Squad Size
- Substitution in MSHSL Tournaments
- Weather Conditions (heat, cold, lightning & air quality)

See the MSHSL Official Handbook [Bylaw 501](#) for information regarding:

- Maximum Number of Contests

See the MSHSL Official Handbook [Bylaw 502](#) for information regarding:

- Daily and Season Player Participation Limitations

**CONTEST RULES** (Refer to [Bylaw 402](#)): Except as modified by the League, the National Federation of High School Association Swimming & Diving rules for the current year shall be the official game rules for all interscholastic contests in which League members participate.

**END OF SEASON** (Refer to [Bylaw 411](#))

A. Student Participation on a Non-School Team While the Season is Still in Progress:

1. The season shall end when the student or the student's team has been eliminated from further participation in a League tournament series.
2. Students who have been eliminated from further participation in a League tournament series may participate as an individual or as a member of a non-school team in that sport.

B. School Team Practice and Competition: The "end of season" shall be defined to be the last date of the state tournament in that sport.

1. Schools may continue to conduct practice and training for all squad members, including the students who have been eliminated from further individual competition in a League-sponsored series, until completion of the state tournament conducted by the League in that activity.
2. Dual contests may be scheduled after the start of the official League tournament series providing the school does not exceed the maximum number of games/matches/meets permitted in that activity.

C. No school may engage in any meet or meets, practice, training or other activities between the end of the season and the opening of the next season.

D. During the Summer Vacation Period [Bylaw 208](#) Non-School Competition and Training—Team and Individual Sports) members of a high school team may participate on a non-school team and they may receive coaching or training from a salaried or non-salaried member of the student’s sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved a summer coaching waiver for the coach or coaches of that sport.

**VIDEO TAPING ANOTHER SCHOOL'S GAME:** It shall be an ethical violation to tape another school's game, meet or contest without their permission. Further it may be a violation of the laws governing copyrights. Each school owns the copyrights to their games, meets and contests. Taping another schools game without permission could constitute a violation of the copyright law.

### **RESPONSIBILITY FOR SPECTATOR CONDUCT**

In order to elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, member schools, fans and school personnel, the MSHSL held a Sportsmanship Summit and asked student participants to identify behavior expectations they felt should be in place at every school event.

These minimum behavior expectations provide a foundation upon which member schools, conferences, administrative regions and the League’s Board of Directors can build specific guidelines for activities under their control.

MSHSL [Bylaw 409](#), RESPONSIBILITY FOR PARTICIPATING TEAMS, STUDENTS AND SPECTATORS, speaks to this issue, directly, and [Bylaw 409-2](#) specifically states that, “School officials shall be held responsible for the proper conduct of teams, team members, students and home spectators regardless of where the contest is being held.”

In all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones. MSHSL tournament staff may require school administrators to contact the tournament manager prior to the start of the tournament game so that they can be immediately contacted to respond to behavioral issues regarding their team members, students and/or spectators at the tournament site. Each supervisor or chaperone should be immediately identifiable to the students and to the tournament site ushers and other security personnel. This will help to coordinate crowd control between school supervisors and tournament site personnel. (8/9/05)

### **MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS:**

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.

- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Handheld signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, “white” boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

**THANK YOU** for supporting your student athletes and fine arts participants and for providing a positive environment in which educational activities are conducted.

### **SWIMMING AND DIVING – Regular Season**

See the MSHSL Official Handbook [Bylaw 516](#) for information regarding:

- Contests
- Last Date to Join a Team
- Practice Sessions before First Contest
- Season Begins

### **OFFICIAL EVENTS**

1. 200 Yard Medley Relay
2. 200 Yard Freestyle
3. 200 Yard Individual Medley
4. 50 Yard Freestyle
5. 1 Meter Diving
6. 100 Yard Butterfly
7. 100 Yard Freestyle
8. 500 Yard Freestyle
9. 200 Yard Freestyle Relay
10. 100 Yard Backstroke
11. 100 Yard Breaststroke
12. 400 Yard Freestyle Relay

### **SWIMMING AND DIVING INFORMATION – Post Season**

ELIGIBILITY DURING MSHSL TOURNAMENTS – SUBSECTION, SECTION AND STATE

Refer to [Bylaw 206.4.B.1.d](#): A student must be fully eligible under all local school district policies, MSHSL Bylaws and Rules & Policies to be in uniform, occupy the bench or playing area, participate and receive individual/team awards, including all-tournament honors, in the awards ceremony.

**FORMAT:** The section tournament will be conducted in two classes, A and AA. The format for each section meet shall be determined by the regions involved. All information including the deadline for section entry forms will come from the section meet manager. Please include on the entry form a) the student's FIRST and LAST NAME, b) grade level, c) full name of your school/cooperative

**ENTRIES AND ADVANCEMENT:** Please be certain that you list: a) the student's FIRST and LAST NAME, b) grade level, c) full name of your school/cooperative as registered with the League.

**Entries by Teams:**

Each team shall be permitted a maximum of four entries in an individual event and one team in a relay event.

**Entries by individuals:**

A competitor shall be permitted to enter a maximum of four (4) events, no more than two of which may be individual events.

**Advancement from Section to State**

Each state meet qualifier must compete in all events for which the athlete has qualified from the Section meet.

**Divers:** Each section including the Boys' Class A sections shall qualify four (4) divers to the State meet. A diver must have performed eleven (11) dives in the section meet to advance to the State meet. The Dive Score Sheet is posted on the Swimming and Diving activity page.

**Swimmers:** Each section, with the exception of the boys' Class A sections, shall qualify two (2) contestants in each individual swimming and relay event to the state meet. The Class A Boys' sections shall qualify three (3) contestants in each individual swimming and relay event to the state meet.

**Qualify by Standards:** A contestant or relay team shall qualify by standard to the state meet when their performance in the section **finals** surpasses or equals the established standard. See the Coaches Dashboard for time standards.

**Weekly Voluntary Dives:** To comply with the current National Federation Swimming and Diving Rules, the Minnesota State High School League has established a weekly rotation of voluntary dives. This rotation of voluntary dives applies to ALL varsity dual, double dual, triangular, and quadrangular meets. (See Swimming and Diving activity page for Weekly Voluntary Dives).

**SUBSTITUTIONS - SECTION TO STATE MEET—Individual Events:** Substitution will not be allowed for any reason. The individual that has qualified to the State meet cannot be replaced.

**Relays:** Teams with two or more relays are allowed TWO alternates per relay and can use other relay members as alternates. Teams with only one relay may have THREE alternates. All relay competitors must be listed on the State Team Entry Form and the Email Relay Entry. Designation of the four actual competitors must precede BOTH the preliminaries and finals. Relay Entry designations sent to mshsrelays@gmail.com will be confirmed and finalized by a confirmation email.

**It is a violation of MSHSL policy for a member school or a representative of a member school to establish, distribute or accept any awards not provided by the MSHSL for section or state tournaments.**

**ENTRY FORMS FOR STATE QUALIFIERS:** Each qualifying team must complete and electronically submit a team entry form directly to the League office. The link for the Team Entry Forms is on the Coaches Dashboard.

**RUBDOWN OILS:** No rubdown lotions, oils, sprays or foreign substance will be permitted at section or state meets. Penalties for use of rubdown lotions, oils, spray or any foreign substance: Competitor is disqualified from further competition and the coach shall be censured by the MSHSL.

**STATE TOURNAMENT QUALIFYING SCHOOL INFORMATION:** Specific information for qualifying schools will be posted on the MSHSL website.

**OFFICIAL SQUAD:** State qualifier(s) plus one (1) Head Coach, two (2) Assistant Coaches, and one (1) Dive Coach (if you have a qualified diver(s)).

**SCHOOL REPRESENTATIVE:** Individual contestants shall be accompanied by a member of a school's administration, faculty or coaching staff. The faculty member or coach shall be responsible to act on behalf of the member school.

## **AWARDS**

Section

Trophies: First & Second Place Teams

Medals: Individuals - First- eighth place in all events

State

Trophies: First, Second & Third place teams

Medals: Individual – in all events

Certificates of Participation: All participants